COVID-19 News & Updates:
Since March 24th, 2021 everyone 16+ has been able to receive the COVID-19 vaccine. If you need to schedule your appointment, please visit the following websites, or call the numbers below:

- https://coronavirus.utah.gov/vaccine-distribution

**Utah Department of Health**: 1-800-456-7707

**Central Utah Public Health Department** 435-623-0696 (Juab County) 435-462-2449 or 435-835-2231(Sanpete County)

**Wasatch County Health Department** : 435-657-3276

Ability 1st Utah can provide transportation to and from vaccine appointments. Please call us at 801-373-5044 if you need any help with scheduling and pick-up for your appointment.

**What has not changed?**

If fully vaccinated:
- Keep taking the steps of wearing a mask
- Stay at least 6 feet apart
- Avoid crowds and poorly ventilated spaces

Take these precaution when you are in public, Gather with un-vaccinated people from another household, or Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk.
Our 18th Annual Run, Walk, or Roll will be on September 25, 2021

Pre-registration will be available soon at https://ability1stutah.org!

If you have any questions please call Cinthia Valenciano at:
(801) - 373-5044 or email Cinthia@ability1stutah.org

CAMPING TRIP

WHEN: August 17th-19th
RSVP: Starting August 1st

This year's camping trip will be in Huntsville, UT at Perception Campground. We'll be going with consumers from the Ephraim office and the Salt Lake IL center.

It's an overnight event! Bring everything you need for both nights (extra clothes, medication, hygiene supplies). There are no electrical outlets, so if you are in a power chair, you will need to be able to use a manual wheelchair to attend.

How are we doing?

At Ability 1st Utah we are committed to providing quality services to our consumers. We invite you to fill out a brief Consumer Satisfaction Survey to give us your opinion on how we are doing. Your opinion is very important to us. To complete this survey please visit our website at www.ability1stutah.org. We appreciate your feedback!
Para el 24 de marzo de 2021, todas las personas mayores de 16 años podrán recibir la vacuna de COVID-19. Si necesita reservar su cita, visite los siguientes sitios web o llame a los siguientes números:

- [https://coronavirus.utah.gov/vaccine-distribution](https://coronavirus.utah.gov/vaccine-distribution)

**Utah Department of Health:** 1-800-456-7707

¿preguntas? llama a este número UCHD Covid-19:

**MAYO**

5: Presentación sobre preparación para emergencias de la Cruz Roja: 12:30 PM

6: Boliche en BYU, encuentro con BYU: 1:00 PM

10: Viaje de compras al supermercado -9:00 AM límite de 8, Podemos recogerlo en su casa

12: Ensamblar kits de 72 horas: 12:30 AM- Todos los materiales serán traiproporcionados, reunirse en el centro.

13: Actividad Tie-Dye: 12:30 PM- traigan su propia camisa blanca, reúnanse en el centro

18: Clase de jardinería 12:30 PM - Todos los materiales serán proporcionados, reunirse en el centro

19: Clase de cocina – Todos los ingredientes serán proporcionados, reunirse en el centro.

20: Clase de computación básica, reunión en el centro: 12:30 PM

24. Viaje de compras al supermercado -9:00 AM límite de 8, recogida en casa

26: Día de juego en el centro, trae tu juego favorito! 12:30 PM

27: Encuentro en la biblioteca de Provo:12:30 PM

**JUNIO**

1: Inicio del programa de verano, comida y juegos en Lion’s Park

2: Invitado sobre autoempoderamiento

3: Viaje de compras a Deseret Industries Thrift Store

8: Viaje al el zoológico

9: Reunión en el centro a las 9, para tomar el corredor principal a Ogden Union Station

10: Viaje de compras a Deseret Industries Thrift Store

14: Viaje de compras al supermercado

15: Limpieza del parque en Lion’s Park (950 W 1280 N St, Provo, UT )

16: Clase de cocina – Todos los ingredientes serán proporcionados, reunirse en el centro

17: Entrenamiento de UTA en el centro en preparación para el viaje a I-Fly

22: Viaje a I-fly en el el corredor principal encuentro en el centro a las 8:30

23: Cascade mini-golf: Reúnaese en Orem a las 12:30 o registrese para el transporte

24: clase de costura– Todos los materiales serán proporcionados, reunirse en el centro

28-30: Reunión en el centro para currículum/ habilidades laborales y presentadores de diferentes organizaciones 12:30 PM- 2 PM
## May 2021

### Class Times May Change

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Call office to sign up for classes</td>
<td>4</td>
<td>5 Emergency Preparedness</td>
<td>6 Bowling @ BYU</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30</td>
<td>1:00</td>
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</tr>
<tr>
<td>10 Call office to sign up for classes</td>
<td>11</td>
<td>12 Advocates First: Assemble 72 hour kits 12:30</td>
<td>13 Tie-Dye Activity 12:30</td>
<td>14</td>
</tr>
<tr>
<td>Grocery shopping 9:00</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>17 Call office to sign up for classes</td>
<td>18</td>
<td>19 Cooking Class 12:00</td>
<td>20 Computer Basics 12:30</td>
<td>21</td>
</tr>
<tr>
<td>Gardening Class 12:30</td>
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<tr>
<td>24 Call office to sign up for classes</td>
<td>25</td>
<td>26 Game Day 12:30</td>
<td>27 UVX trip to Krispy Kreme 12:30</td>
<td>28</td>
</tr>
<tr>
<td>Shopping 9:00</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>31 Memorial Day: Closed</td>
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</tbody>
</table>

5: Emergency Preparedness speaker from the Red Cross
6: Bowling at BYU, meet at BYU at 1:00
10: Grocery shopping, limit 8, pick up from home
12: All materials provided, meet at center
13: Bring your own white shirt, meet at the center
18: All supplies provided, meet at center
19: All ingredients provided, meet at center
20: Computer Basics Class, meet at center
24: Grocery shopping, limit 8, pick up from home
26: Game day at center, bring your favorite game!
27: Meet at Provo Library at 12:30
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Summer Program Kick-off (Lion’s Park)</td>
<td>2 Advocates First: Self-Empowerment 12:30</td>
<td>3 Deseret Industries Thrift Store trip</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>7 Call office to sign up for classes</td>
<td>8 Zoo Trip</td>
<td>9 Front Runner to Train Museum</td>
<td>10 Deseret Industries Thrift Store trip</td>
<td>11</td>
</tr>
<tr>
<td>14 Call office to sign up for classes</td>
<td>15 Park Clean-up</td>
<td>16 Cooking Class 12:30</td>
<td>17 UTA Training @ center</td>
<td>18</td>
</tr>
<tr>
<td>Grocery shopping</td>
<td>14 Call office to sign up for classes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Call office to sign up for classes</td>
<td>22 I-Fly Ogden Trip</td>
<td>23 Cascade mini-golf 12:30</td>
<td>24 Sewing Class 12:30</td>
<td>25</td>
</tr>
</tbody>
</table>

1: Summer program kick-off, food and games at Lion’s Park
2: Guest Speaker about self-empowerment
3: Tip to Deseret Industries Thrift Store
8: Zoo trip
9: Meet at center at 9, take front runner to Ogden Union Station
10: Tip to Deseret Industries Thrift Store
14: Grocery shopping, limit 8, pick up from home
15: Park Clean up at Lion’s Park
16: Cooking Class: all ingredients provided, meet at center
17: UTA training at the center in preparation for trip to I-Fly
22: Trip to I-fly on frontrunner, meet at center at 8:30
23: Mini-golf trip: Meet in Orem 12:30 or RSVP for transport
24: All materials provided, meet at center
28-30: Meet at center for resume/job skills, and presenters from different organizations
# YOUTH PROGRAM

## MAY 2021

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>STAR WARS ACTIVITY</td>
<td>Exercise Class</td>
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<tr>
<td>May the 4th be with you</td>
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<tr>
<td>11</td>
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<tr>
<td></td>
<td>Writing Class</td>
<td>Just Dance and Sing</td>
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<td>18</td>
<td>19</td>
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<td>Business vs. Casual</td>
<td>Outdoor Activity</td>
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<td>25</td>
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<tr>
<td></td>
<td>Laundry Class</td>
<td>Restaurant zoom activi-</td>
</tr>
</tbody>
</table>

Keep an eye out for the Summer Program application. Due to ongoing COVID-19 restrictions we will be taking the first 15 applications.

After that we will have a limited waitlist if any spaces open up.

## YOUTH COORDINATOR

Taylor Peck  
Office: (801) 850-5565  
Cell: (385) 375-1370

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Summer Program Kick off @ Lion’s Park</td>
<td>Shopping trip to Deseret Industries Thrift Store</td>
<td>Tie-Dye Summer Program Shirts</td>
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<td>8</td>
<td>9</td>
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<td>15</td>
<td>16</td>
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<td>18</td>
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<tr>
<td>Park Clean Up</td>
<td>Hogle Zoo Trip</td>
<td>UTA Training</td>
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<td>22</td>
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<td></td>
<td></td>
<td>Tip to iFly– Ogden</td>
<td>Money Management</td>
</tr>
</tbody>
</table>
## May

<table>
<thead>
<tr>
<th>TUE</th>
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<th>THUR</th>
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<tbody>
<tr>
<td>4</td>
<td>5 Shopping day at 8:30 AM</td>
<td>6</td>
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<tr>
<td>11</td>
<td>12</td>
<td>13 Hogle Zoo at 8:00 AM</td>
</tr>
<tr>
<td>18 Shopping at 8:30 AM</td>
<td>19</td>
<td>20</td>
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</table>

**Hogle Zoo:**
Lunch will be provided. Transportation will be available. Please call a week ahead to RSVP as there is limited number of seats.

## June

<table>
<thead>
<tr>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Youth Program</td>
<td>2 Shopping day at 8 AM</td>
<td>3 Youth program–Review Zoo jobs</td>
</tr>
<tr>
<td>8 Youth Program</td>
<td>9</td>
<td>10 Youth Program</td>
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<tr>
<td>15 Youth Program</td>
<td>16</td>
<td>17 Youth Program</td>
</tr>
<tr>
<td>22 Shopping</td>
<td>23 Shopping day at 8 AM</td>
<td>24 Youth Program</td>
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<tr>
<td>29 Youth Program</td>
<td>30</td>
<td>1 Youth Program</td>
</tr>
</tbody>
</table>

**Dates to keep in mind Summer, 2021:**

**Office Closures**
- Monday May 31st – Memorial day
- Monday July 5th – 4th of July Observance
- Friday July 23rd – 24th Observance
Ways you can support us:

**Amazon**
1. Sign into smile.amazon.com using your Amazon credentials.
2. Go to “Your Account” at the top of the page and select “Your Amazon Smile”.
3. Select “Change your Charity” to “Ability 1st Utah”.

When you use smile.amazon.com, Amazon will donate 0.5% of eligible purchases to us! Go to smile.amazon.com/about for more information.

**Smith’s**
1. Go to smithsfoodanddrug.com/inspire
2. Sign into your account.
3. Enter our agency’s number (SX024) and choose “Save” to link your account to our agency.

Now when you shop at Smith’s, either in the store with your rewards card or online, they will donate 0.5% of your total purchase to our agency.

Social Media
- Instagram: ability1stutah_
- Facebook: Ability 1st Utah
- Twitter: @Ability1stUtah

**Utah & Wasatch**
- Sandra Curcio: Director
- Jhlima Miranda: Supervisor- IL Coordinator
- Deon Anderson: IL Coordinator
- Taylor Peck: IL Youth Coordinator
- Madison Campbell: IL Coordinator
- Janine Culver: TTW Coordinator
- Shauna Parks: Pre-ETS Specialist
- Roy Gerber: Pre-ETS Specialist
- Divine Smith: Pre-ETS Specialist
- Darren Spencer: Loan Bank/Driver
- Kathy Tucker: Loan Bank Equipment/ Driver
- Shelly Pitchforth: AT Coordinator
- Cheryl Campbell: Fiscal Officer
- Angel Cortes: Outreach/Marketing
- Cinthia Valenciano: Receptionist

**Juab & Sanpete**
- Wendy Hansen: IL Coordinator
- Craig Ezzell: Pre-ETS Specialist

Vision:
"Promoting Independence for People with Disabilities."

Return Service Requested